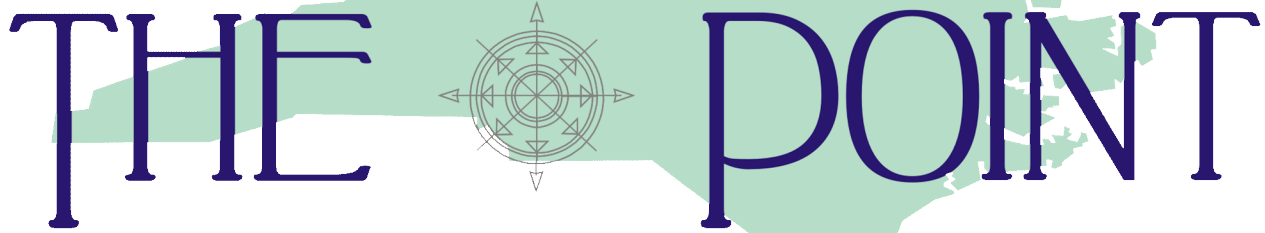


THE POINT

**Volume XII, No. 10****<http://cpoint-www.med.navy.mil>****October, 2006**

CO'S Corner

This edition of The Point focuses on a few topics for a healthier you. If you are an active duty tobacco user, make sure you check out the new incentive established to help you look as good as you'll feel after you quit. Because October is Breast Health Awareness month, we'd love to see you at the 5K run/walk/stroll for Breast Health on the 14th. Also, take note of this month's word search. It will give you (or your children) some relaxation, and will bring to the forefront the need for safety while Trick-or-Treating. That's it for now -- Thanks for your support and feedback on how we may better serve you. Have a Happy Halloween!

CAPT E.V. Valentin, MSC, USN

Closed Medical Records System

Beginning October 20, 2006, Naval Hospital Cherry Point will begin using a closed medical records system for all active duty personnel whose records are maintained at the hospital. What this means to you, the service member, is that you will no longer need to *hand carry* your medical records, either to appointments or between duty stations. We now have a system to coordinate the transfer of your record to its needed location. There are some exceptions to this rule. If you have an unscheduled appointment in the hospital you will be allowed to carry your record from Patient Administration to Force Health Protection. Also, if you are transferring to another duty station and have a school or other intermediate station between, you may be authorized to carry your record. Exceptions will be reviewed and approved on a case-by-case basis.

The change to a closed system has benefits for

you. First, you only have to show up for your appointment and no longer need to stand in line for your record. Second, your provider will receive your record sooner, which gives him/her more time to review your record prior to your visit. Finally, by maintaining internal control of your record, we can assure it is kept current and up to date with all lab reports, radiology results, treatment plans, and most importantly, shot records. If you have any questions or concerns please call (252) 466-0282.

Dear Benefits Betty,

"My military spouse is deployed and I have been feeling really stressed with the kids and all the household responsibilities. I have been feeling anxious and having trouble sleeping and eating. Family support is far way and I would really like to talk with somebody. I am enrolled in TRICARE Prime. What do I need to do?"

Signed,

Lonesome & Blue

BB: Dear Lonesome & Blue,

TRICARE offers a wide range of behavioral health care services that you can use. You (and Active duty family members, retirees and their family members) can receive the first eight behavioral health outpatient visits per fiscal year without a referral from your primary care manager (PCM) or prior authorization from TRICARE. Services must be provided by TRICARE network providers who are psychiatrists, clinical psychologists, clinical social workers, and certified marriage and family therapists. Remember, visits beyond the first eight will require additional authorization. You can visit the www.healthnetfederalservices.com web site or call 1-877-TRICARE to find the network providers in our area.

October Health Education Dates

Tobacco Cessation12, 19, 26
Weight Management11, 18, 25
Cholesterol/Nutrition 17
Diabetes Self Management12, 19, 26

Class times and locations vary; please call (252) 466-0277 to sign up.

Brighten that Smile

A new initiative between the good folks at Health Education Lifestyle Management Services (HELMS) and the 12th Dental Company is aimed right at your smile. Active duty members who successfully complete the 7-week Tobacco Cessation class, can be custom fitted for a professional teeth-bleaching system. This comes with a 2-month supply of bleach. This is not a standard dental benefit and no additional funding was received to provide this service. This is a special in-house program designed to provide you with a proper reward for succeeding in a difficult, but healthy goal. Watch the Winsock for more information.

A Healthier You

Breast cancer is the second most commonly diagnosed cancer in women. There are many known risk factors that are associated with a higher likelihood of developing breast cancer. Some of these risk factors, such as advanced age, and family history of breast cancer are beyond our ability to control. Other risk factors, such as exposure to female hormones, exercise level, weight gain, and alcohol consumption, can be modified to lower the risk of developing breast cancer. That's why it is so important to do self-breast exams and have a check up yearly with a physician.

Did you know that women who exercise 4 or more hours per week could decrease the risk of developing breast cancer by up to 58%? Did you also know that women who are significantly overweight or who consume 3-9 alcoholic beverages per week on a regular basis increase their risk of developing breast cancer by 30% or more?

Take the first steps to a healthier you by participating in the Naval Hospital Cherry Point 5K Run / Walk / Stroll for Breast Health. The event is scheduled for Saturday, 14 October 2006 @ 1000 aboard MCAS Cherry Point. The starting location is approximately ½ mile beyond the intersection of Slocum and Roosevelt, when heading towards Officer's Housing. It is next to a water buffalo and a fishing pier.

Onsite registration is available and T-Shirts are \$10 (all proceeds go to Breast Cancer Research). Contact Teddi Greco-Turen at (252) 466-0142 for more information.

Halloween Safety Word Search

Y Q D T Q L I M T K K R N S B
S I D E W A L K S C M E W T R
D C T C X T G B I K I M Z R M
O D S K R R E R K G K Y Y A T
H T B C O E T E H Z B D H N A
N G H U I G K B R S W N G G E
V H P G A J O U K T N A B E R
S S H K I R D C A R S C J R T
J A L K H L I N E J Z K F S B
D V F O S T H G I L H C R O P
B U O E S A P S Z W L E N W I
W D D W Q N Z Y A X Q H C P F
E L O S T L U D A L Y C I V S
M L X Q U E N D S H F N B C S
G T F N H Y J H O R U N T O Q

ADULTS

CHECK CANDY

GLOW STICKS

NEIGHBORHOOD

SAFE

STRANGERS

TREAT

CARS

FLASHLIGHT

GROUPS

PORCH LIGHTS

SIDEWALKS

STREET

TRICK

Our Apologies

Last month we inadvertently transposed two numbers for the Appointment Line phone number listed in the Hospital Vitals section. The correct number for the Appointment Line is (252) 466-0921. We apologize to the people who tried to make an appointment, and to the recipient of all the misdirected calls.

Hospital Vitals

Appointment Line (252) 466.0921
Information Line..... (252) 466.0266
Customer Service Line..... (252) 466.0367
Family Care Clinic M-F 0730-1630
Pediatric Clinic..... M-F 0730-1630
Evening Clinic..... M-F 1630-1800
Pharmacy..... M-F 0800-1700
Pharmacy Retail Pick Ups 0800-2000
Administrative Offices M-F 0730-1630
Emergency Room 24hrs / 7days
Laboratory Hours..... M-F 0730-1615